Practicing parkour

Before starting, warm up by jogging, skipping, jumping jacks, mountain climbers, squats, ... to raise the temperature.

1. Drag the names to their pictures.



Squat



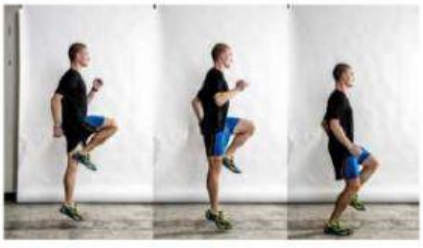
Mountain climbers



Jogging



Skipping



Jumping jacks

LIVEWORKSHEETS

2. After warming up, stretch your muscles. (Hold each stretch for at least 20 seconds).



LIVEWORKSHEETS

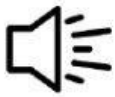
3.Read the safety measures and match the audios with the right message.



Don’t risk too much



Take time to progress



Know your possibilities



Train to get better



Don’t put others in danger

LIVEWORKSHEETS

4.Choose the right action.

He is over the floor.



He tries to over the plinth.



He is the wall.



She is on the ground.



LIVEWORKSHEETS

5.What are the benefits you can get from practicing parkour? Decide if it's true or false.

☐ You can get more **agile**.

☐ You can improve your **reading skills**.

☐ Your **strength** increases.

☐ You become capable of **overcoming many obstacles**.

☐ You improve your ability to **defend rivals**.

LIVEWORKSHEETS

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